



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09271, Pineapple, canned, extra heavy syrup pack, solids and liquids**

**Report Date: June 30, 2017 20:42 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, crushed, sliced, or chunks 260g
<b>Proximates</b>					
Water	g	77.71	--	--	202.05
Energy	kcal	83	--	--	216
Energy	kJ	347	--	--	902
Protein	g	0.34	--	--	0.88
Total lipid (fat)	g	0.11	--	--	0.29
Ash	g	0.34	--	--	0.88
Carbohydrate, by difference	g	21.50	--	--	55.90
Fiber, total dietary	g	0.8	--	--	2.1
<b>Minerals</b>					
Calcium, Ca	mg	14	--	--	36
Iron, Fe	mg	0.38	--	--	0.99
Magnesium, Mg	mg	15	--	--	39
Phosphorus, P	mg	7	--	--	18
Potassium, K	mg	102	--	--	265
Sodium, Na	mg	1	--	--	3
Zinc, Zn	mg	0.11	--	--	0.29
Copper, Cu	mg	0.099	--	--	0.257
Manganese, Mn	mg	1.062	--	--	2.761
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	7.3	--	--	19.0
Thiamin	mg	0.089	--	--	0.231
Riboflavin	mg	0.025	--	--	0.065

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, crushed, sliced, or chunks 260g
Niacin	mg	0.282	--	--	0.733
Pantothenic acid	mg	0.100	--	--	0.260
Vitamin B-6	mg	0.074	--	--	0.192
Folate, total	μg	5	--	--	13
Folic acid	μg	0	--	--	0
Folate, food	μg	5	--	--	13
Folate, DFE	μg	5	--	--	13
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	1	--	--	3
Retinol	μg	0	--	--	0
Vitamin A, IU	IU	14	--	--	36
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.009	--	--	0.023
16:0	g	0.005	--	--	0.013
18:0	g	0.003	--	--	0.008
Fatty acids, total monounsaturated	g	0.013	--	--	0.034
16:1 undifferentiated	g	0.001	--	--	0.003
18:1 undifferentiated	g	0.012	--	--	0.031
Fatty acids, total polyunsaturated	g	0.038	--	--	0.099
18:2 undifferentiated	g	0.022	--	--	0.057
18:3 undifferentiated	g	0.016	--	--	0.042
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.005	--	--	0.013
Threonine	g	0.009	--	--	0.023
Isoleucine	g	0.009	--	--	0.023
Leucine	g	0.013	--	--	0.034
Lysine	g	0.016	--	--	0.042
Methionine	g	0.009	--	--	0.023
Cystine	g	0.001	--	--	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, crushed, sliced, or chunks 260g
Phenylalanine	g	0.009	--	--	0.023
Tyrosine	g	0.008	--	--	0.021
Valine	g	0.011	--	--	0.029
Arginine	g	0.012	--	--	0.031
Histidine	g	0.007	--	--	0.018
Alanine	g	0.018	--	--	0.047
Aspartic acid	g	0.079	--	--	0.205
Glutamic acid	g	0.040	--	--	0.104
Glycine	g	0.014	--	--	0.036
Proline	g	0.009	--	--	0.023
Serine	g	0.018	--	--	0.047
<b>Other</b>					